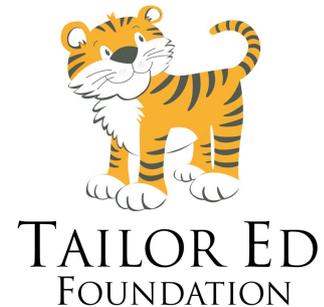


Tailor Ed Foundation (SCO39246) wishes to see children with autism and their families empowered and included, able to live the lives they want to and access all the day to day experiences that other families take for granted. We work with families living in the city of Edinburgh with a child with autism up to the age of 16.

Hello everyone.

Whilst so much is different and strange please know we're all still here to **listen** to your worries, help your child **learn** and if nothing else, **lamine** something for you!



In this newsletter we've provided a quick guide to online safety (given our increased reliance on the internet just now) and some lovely examples of little wins that your awesome children are still experiencing in among the chaos. There's also an article on practical and manageable ways to provide predictability and structure for your child which we hope is helpful.

You'll find details of our new Online Support Services. Our Early Years and Target Specific Services are now also operating remotely - please contact your Project Worker if we can help your child and family during this challenging time.

Stay safe and keep in touch,

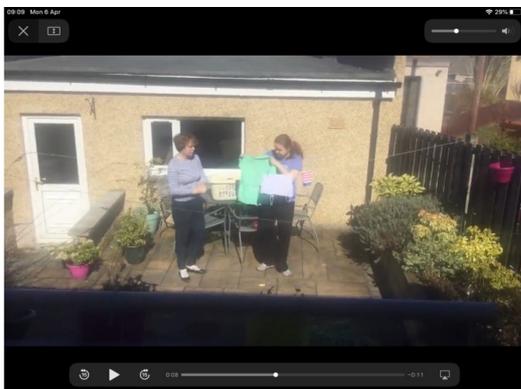
Love Roo and the Tailor Ed team

ROARsome Progress

Lots of you have been sharing with us your creative ideas, new opportunities and lovely examples of how despite the circumstances your child is still achieving. Here's a few we'd like to share with you all.

If your child would like to share something in the next newsletter please let us know by emailing contact@tailoredfoundation.co.uk or speaking to your Project Worker.

Nathan and his mum have been practicing his food activities with amazing progress! He's touching and licking lots of foods and ate his first bite of banana and chocolate mousse this week.



Evie's been enjoying helping out at home and learning some really practical life skills. Favourites are hanging out the washing and preparing everyone's snack!



Abdul-hadi has made his own motivation for keeping up with school work by adding Sonic toppers to his pencils!

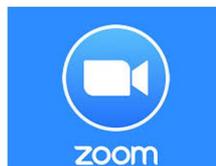
Online safety refresh



Google Classroom



Instagram



zoom



facebook



At a time when we are all more reliant on the internet than ever before for information, learning and social contact we thought it might be helpful to provide links to some info and resources to help you keep your child safe online. If you'd like some support with this and tailoring resources to your child's communication needs and learning style please get in touch with your Project Worker.

Thinkuknow [website](#) to guide you through helpful resources

Thinkuknow [helpsheet](#) for parents of primary aged children

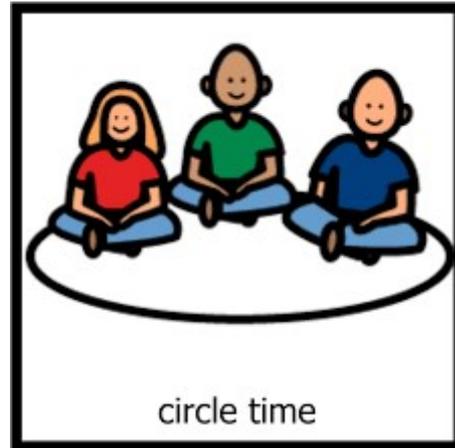
Thinkuknow [helpsheet](#) for parents of secondary aged children



EVENTS

Circle Time

A new service from Tailor Ed, we'll be providing a virtual circle time on weekday mornings to help your child start their day. For some this might ease the transition in to some school activities or just be fun in itself. Circle time will last around 15 minutes and be led by two of our Project Workers. As well as some familiar structure and songs we'll also read a visually supported book each day.



Group 1

9.15am Monday – Friday (starting Thurs 9th of April). You can join the group from 9am to check everything is working and Circle time will start promptly at 9.15am.

Group 2

10.00am Monday – Friday (starting Thurs 9th of April). You can join the group from 9.45am to check everything is working and Circle time will start promptly at 10am.

Zoom links to follow. If you don't receive these please contact Eva:
eva@tailoredfoundation.co.uk

Quiz Night for parents/carers

With Pete 'The Quizmaster' McNaughton and Callum his glamorous assistant.
 8pm on Thursday 9th of April.

Zoom link to follow. If you don't receive this please contact Callum:
callum@tailoredfoundation.co.uk



Following your feedback on our kids activities doodle poll we'll also be developing a party games session.

To vote or share ideas on further events please complete the polls on our [Facebook discussion group](#). This is a closed group for parents and carers accessing our

and suggestions on events.

Finding predictability and security amongst the chaos

We all need structure in our lives. Routines make the world predictable and in turn that helps us feel secure. For people with autism, communicating with others and understanding the world can be hard work. Routines and visual information provide accessible ways to find predictability and security in a world that can otherwise seem confusing. At a time when everyone's routines have been thrown in to disarray it's helpful for us to think about how we can still support someone with autism to find the predictability and security they need to feel ok.

This doesn't mean we need huge visual timetables and a boardmaker symbol for every item in the house! Far from it. We also don't need to tie ourselves to lunch being on the table bang on 12.30pm or scheduling every minute of the day. The best place to start is by thinking about where your child gets security and predictability from and provide more of it. It will depend on your child, their motivations and level of communication what this will look like. Here are some ideas and guidelines of what to think about...

What were the key events in their week before COVID-19? What did they look forward to? Were there any key events they didn't like? (Even if something isn't fun, if it always happens the same time each week it can still provide structure and predictability.) This will give you a sense of how many activities you want to schedule at predictable times each week.

Security comes from routine so even planning a daily routine that **you** follow can provide security for your child. The child doesn't need to actively participate in the routine and it's not necessary to formally communicate the routine. As Nike would say, just do it. Overtime, experiencing that mum always puts the washing on whilst I'm eating my snack and dad goes for his walk after lunch will create a sense of predictability and security.

Routines don't have to tie you to specific times. Often things happening in a certain order is just as reassuring – and much more practical to deliver. So setting 3 activities for the day and ensuring they happen in order can work well for some without any need to prescribe exactly when they happen.

For other kids, punctuating the day with a short routine between periods of free time works nicely. So following a short schedule of activities for 10 minutes before lunch, snack and tea time might be helpful and having longer spells of free time in between works well.

Another source of security comes from the rules and boundaries we set our children that provide order and predictability. Children are however programmed to push them making our task of maintaining them all the more challenging. It's usual that when there are changes in a child's life they push and test boundaries that bit more – they are checking they are still there or seeking to learn the new rules. With the huge shift in daily routine we're all experiencing it's natural that some boundaries will have changed and there's nothing wrong with this. Just remember that keeping some in place is another way to provide your child with a sense of security – even if they don't thank you for it then and there!

of security that keeps everyone feeling ok. It's perfectly normal for there to be some resistance to routine activities at times and some activities will fall flat and be non-starters. What matters is the wheels keep turning, the routine happens and in these very strange times there remains some predictability in our lives to help us all feel ok.



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Tailor Ed Foundation (SCO39246)

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